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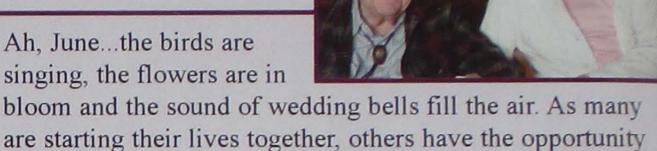
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Farwell Brown and his blushing bride, Ruth. Happily married for 68 years. Residents since 1978.

Ah, June...the birds are singing, the flowers are in

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# hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

# A Very Good Place

By JOLENE PHILO



Until
recently,
I was a small
town girl at
heart, with
the emphasis
on the word

town. Raised by farm folk who were forced to move to town because of Dad's illness, I didn't inherit their love of country living. The country is a good place, my dad often said. A very good place indeed.

But I didn't believe it. I was a prissy kid, preferring paved streets and intact sidewalks to gravel roads and muddy footpaths. I liked strolling to the corner store on sweet, spring days more than gathering eggs for my uncle and aunt after a night on their farm. I loved sitting in a lawn chair at city band concerts as twilight fell, and the fireflies began their evening dance over a softball game with my cousins in Grandma and Grandpa's



Walking to the goat barn.



A two-day-old goat is all legs and fuzz.

pasture. All in all, I was content in town where life was neat and clean and civilized.

But the events of my life have never allowed me to escape the farm. During college I married a man who grew up on an Alaskan homestead. After we graduated, we lived for seven years in a South Dakota town with gravel roads and no sidewalks. If there'd been enough people in the county to constitute a band, no one would have

been left for the audience. The town didn't have a store, so I purchased eggs and milk from the messy, smelly farm right behind the school where I taught.

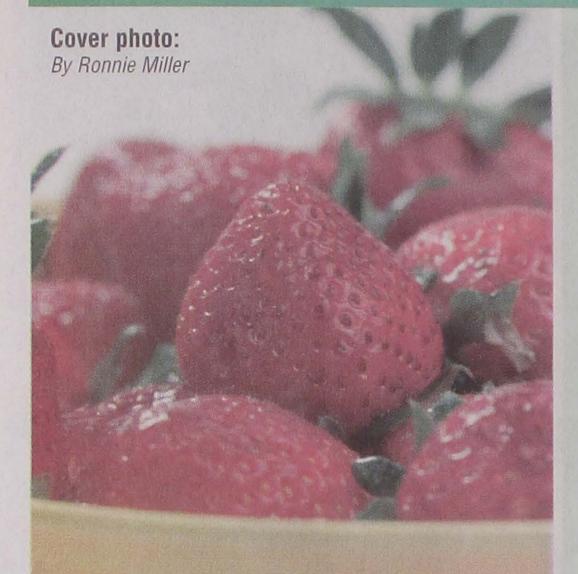
When we moved to Boone, I thought gravel roads and mud and chickens were part of our past. I set about raising our son and daughter as town kids. I drove them to the store on paved streets, pushed the stroller on sidewalks and enjoyed city band concerts

continued on page 5

WELCOME TO

Facet - 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.



### In this issue

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every Wednesday night in the summer. Life was clean and neat, just the way I liked it. A good place. I thought to myself. A very good place.

But after a few years in town, my homesteader husband pined for wide-open spaces, so we moved to an acreage. Our winding road was gravel disintegrating to pure mud in the spring. Sidewalks were nonexistent. The neighbors kept chickens. But we lived within city limits and town was only a mile or two away. My husband and I agreed that our new home was the perfect compromise location. A good enough place. I thought, for raising our civilized town kids.

My plan worked beautifully until our son was 19 and he decided to become a Russian Orthodox monk. The announcement was a bit of a shocker, as we go to a non-denominational Protestant church. But the monastery's location was an even bigger shock. "It's in West Virginia," he told us. "On the side of a mountain. They raise goats."

My neat and civilized life has changed since then. Now we visit the monastery once a year. During our early visits, I learned to accept our son's decision, then to understand it. Then I learned to appreciate and be grateful for it.

He loves his life, not only for the spiritual fulfillment it provides, but also because he loves farming. Every year, he shows us the latest agricultural improvements: the vegetable gardens, the landscaping around the flower gardens, the expanding goat herd. Every year he informs us of his future goals: farming with draft horses, purchasing a Jersey cow, raising chickens.

This past May, we visited during kidding season. We'd no sooner arrived when he asked, "Do you want to feed the baby goats?"

We traipsed down the gravel path, a bit muddy from recent rains, to the barn. Allen handed Anne, his sister, the bottle of goat's milk and entered the smelly barn. A moment later he came out, cradling a bundle of furry legs, and introduced us to Diesel. He set down the two-day-old kid near the milking station and settled himself on an overturned five gallon bucket. "You want to feed her, Annie?" he asked.

She watched as he showed her how to hold the kid's lower jaw and guide the bottle into its mouth. Slowly she knelt and took the bottle from him. She held the furry, eager chin with one hand and tightened her grip on the bottle as Diesel nearly pulled it out of her hand.

"He's so strong." She laughed as the goat slurped greedily and wagged its tiny tail.

"They're stronger than they look," my son agreed.
Anne and my husband took turns feeding the kids while Allen milked the nanny. His movements were experienced and sure. He handled the goats with gentle authority. His cassock was stained with goat's milk and his boots caked with manure.

While Allen attended evening vigil Anne and I explored the grounds, hiking up and down steep mountain paths. Bell chimes floated toward us on the soft spring air along with the chanted prayers of the monks. Not quite a city band concert, but a lovely place none-the-less.



Remember to hold on to the bottle when you feed a baby goat.

We talked about how much we missed the wideopen prairie and straight roads back home. "I couldn't live in the mountains," Anne said, "I would miss the prairie too much. But a farm would be a good place to live someday."

"Wouldn't you like to live in town?" I asked.

"Maybe," she said. "But you raised us in the country. It was the perfect place to grow up."

I smiled as I realized my attempts to raise neat and clean, civilized town kids had been a total bust. With a small twinge of regret I said goodbye to pavement and sidewalks and city band concerts in the park. I said hello to mud and chicken coops and gravel roads.

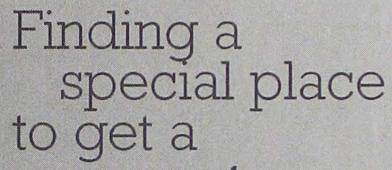
The twinge was a small one, easily endured because of the lesson I've learned in the years since our son entered the monastery. It's the lesson parents learn when they relinquish the dreams they have for their children and allow them to live the dreams they create for themselves.

My son found his dream in a good place: a monastery on a mountainside, surrounded by goats and prayer and a developing farm where he has become a gentle, faithful man.

My daughter is still searching for her dream. And if the place she chooses matures her into a happy, contented woman I will consider it a good place, even if she finds her dream on a smelly, muddy farm.

Because places that help our children grow into the people we know they can become, people who are kind and gentle and mature, are good places.

They are very good places indeed.



# January Calis important

By MARY HALSTRUM
Facets Editor

hat is it about that perfect little coffee shop you stop at every morning to grab a cup of java before work? Why do you pick one place over another to satisfy your coffee craving? Is it the taste of the product? Is it the cost? Is it the people who either work or hang out at the shop? Is it the music coming through the shop's speakers? Is it the variety of choices offered on the menu? It is, I believe, all of these things. It's called atmosphere.



Sitting down with a couple of good friends discussing current events over a cup of coffee became part of my daily life more than 15 years ago, and it's one that I have spent much time nurturing since then. Anytime I move to a new town or start a new job, one of my main priorities is to find a coffee shop to call my own.

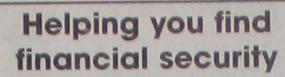
During my final years as an ISU student in the '90s, my stomping ground of choice for a cup of coffee was the Café Beaudelaire in Campustown. I even worked there for three or four months perfecting my cappuccino and frappemaking abilities, not to mention feeding my addiction for designer coffee drinks. The dent in my pocketbook didn't seem to matter to me at the time.

After all, I felt the benefits I gained far outweighed any monetary cost. My friend Chuck and I had a table that was "ours." We met there every day in the morning and afternoon for caffeine and conversation.

After moving to Southern California in 1997, Starbucks soon became my hangout of choice. Every day I would stop off at the downtown Palm Springs location, order my grande mocha frappuccino, plop down \$3, grab a newspaper and make myself at home in one of the shop's comfy chairs. Part of my identity became wrapped up around Starbucks. I went on a first date at Starbucks. I stopped by to reward myself after a hard workout at the gym. My husband and I purchased our first set of dinnerware there. And one of my oldest daughter's first words was Starbucks.

My mother could never understand why I would pay more than \$3 for a coffee drink. But like I said earlier, I wasn't just paying for the drink, I was paying for the "atmosphere."

Having recently arrived at Facets, my quest to find a coffee shop was begun again. Café Diem on Main Street seemed to fit the bill based on location, price and a good feeling I had about the place. Nowadays, with two young children and two car payments, I can't afford designer coffee drinks on a daily basis. But when I have the time and a couple of extra bucks, I make a point to drop by Café Diem for a cup of java and seriously soak up the atmosphere, because that's what it's all about.





- DETIDEMEN

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Snus Hill Vineyard and Winery is at 2183 320th St. in Madrid.

# Take a trip to Snus Hill newar( Winery in Madrid

By MARY HALSTRUM Facets Editor

he state of Iowa is overflowing with wineries, 71 to be exact. That's right. Wineries aren't reserved just for Northern California anymore. There are currently more than 800 acres of vineyards in the state.

Diane Larson and Linda Melin, along with John Larson, are co-owners of the Snus Hill Vineyard and Winery in Madrid, which opened in January 2007. The winery is located on the very same land that was home to the Larson family farm, which was homesteaded by Linda and John's great-grandfather.

"I'm glad we did it (opened the winery), but it is very labor intensive," said Diane.

Linda said it is exciting to be part of

the wine industry in Iowa. She also relishes having a family business.

"This has always been a family gathering place for generations," she said.
"My granddaughter Emma is the sixth generation on the farm."

Diane is originally from Northern
California and moved to Iowa about 12
years ago with her husband John, who is
Linda's older brother. Linda and her
husband, Fred Melin, moved from
Florida back to the Midwest about four

years ago.

"It used to be that the only wines we knew of that were made locally were the Amana wines," Diane said. "And they were all so sweet. Grapes are cold hearted. They can grow here."

Before getting started in the wine business Diane and John attended a seminar hosted by Ron and Linda Mark, the owners of Summerset Winery in Indianola.

Snus Hill vineyard is home to nine



Diane Larson, left, and sister-in-law Linda Melin are co-owners of Snus Hill.

# The following stages depict the fundamentals of winemaking:

### Harvest

Harvest time is the defining moment in the winemaking process. Grapes are harvested during the cool morning hours and then moved to the winery. At Snus Hill the grapes are harvested by hand to ensure that only the best grapes arrive at the winery.

### De-Stemmer/Crusher

Grapes are transferred to a stemmer/crusher where the stems are removed and the grapes are crushed. Some grapes may bypass the stemmer/crusher and go directly to the press for whole berry pressing.

### **Fermentation**

After crushing and de-stemming, the juice from the grapes is put into the fermentation vats, where alcoholic fermentation takes place (the conversion of sugar into alcohol and CO2) in vats of various sizes. Yeast is then added to start fermentation.

### Ageing

After fermentation, the wine is transferred or "racked" into a different vessel. After barrel ageing and prior to bottling, the wines are fined and filtered to help stabilize and clarify them.

### **Bottling**

This is the last stage before the slow and relatively lengthy ageing process. Wines are bottled in a sterile environment, and sealed with a cork.



Several items other than wine are available for purchase at Snus Hill.

varieties of grapes, all of which are harvested in September. About seven of the land's 10 acres are being used for the vineyard. After harvesting, the magical process of winemaking really begins.

"The yeast eats the sugar and excretes alcohol. It really is a gift from God," Diane said

Snus Hill is a family business. Chris Hudnall, Linda and Fred's sonin-law, oversees the day-to-day operations of the winery. He has a degree in enology (winemaking).

A variety of events are held at Snus Hill including wedding receptions, high school proms and fundraisers.

The name Snus pays homage to Larson family's Swedish heritage. "Snus is this really old, Swedish chewing tobacco that was so bad it was banned in all Scandinavian countries except for Sweden," Diane said. "The

cat featured on all the Snus Hills' wine labels in modeled after Snus, John and Diane's Burmese cat.

The winery offers a selection of French American and American wines ranging in price from \$12 to \$24 per bottle. The No. 1 seller is Sven Red, while Snus Hill's Frontenac Dessert Wine was awarded a gold medal at the Mid-American Wine competition in 2007.

Live music is also offered on the weekends. Musical quests slated to perform in June at Snus Hill are Soul Searchers on June 1, Scott Davis on June 6, the Bill Martin Group on June 8, Billy Club on June 13, MidLife Crises on June 15, ProMusica Trio on June 20, Tony Valdez on June 22, LipStyx on June 27 and the Scott Davis Quartet on June 29.

For more information about Snus Hill Vineyard and Winery, go to www.snushillwine.com.

### **Breast Cancer fundraiser** at Snus Hill Vineyard & Winery

A fundraiser will be held at Snus Hill on June 27 from 5 p.m. until 10 p.m. "Save the TaTas" is exactly what it sounds like with proceeds going toward breast cancer research and awareness.

Jolynne Carlson, of Madrid, looks at the Save the TaTas fundraiser as Race for the Cure taken one step farther.

"I always took for granted how healthy my family was, then I met and married my husband, and his family was stricken with this disease. His aunt succumbed to her second battle with breast cancer on the day of my bridal shower in 2002," Jolynne said. This is her sixth year of involvement with breast cancer fundrais-

Jolynne said she met with Diane at Snus Hill and decided the winery was the perfect venue for the Save the TaTas fundraiser. There will be live music, food, a raffle, door prizes and a bocce ball tournament.

"It's a serious cause, but we want people to come out and have fun, and hopefully we'll raise some money and raise awareness at the same time," Jolynne said. "This disease has such a devastating impact on families. I have two daughters now and I want to make sure this is a battle they don't have to fight."

Business sponsors and prize donations are still needed for the event. For more information, call (515) 795-4508, or e-mail savetatas@gmail.com.

### Enology:

The term that is used to describe the science of winemaking. This science has its roots in prehistoric times, as the effects of alcohol were probably discovered when rotten fruit was consumed and found to have an intoxicating effect, which was viewed as pleasant. Fermented liquid could be stored for a long time without fear of decomposition, and a reliable drinking source was obtained

Fermentation:

Yeast is added to a solution containing glucose, and the yeast cells convert the simple sugars to ethanol and carbon dioxide. The alcoholic solution that results from fermentation contains about 12-15 percent ethanol, as yeast cells cannot survive in higher concentrations of ethanol. High sugar content is necessary for fermentation to proceed in a desirable manner.

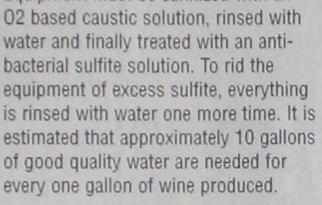
### There are three main categories of wine:

Table wines, sparkling wines and fortified wines. Table wines can be red. white or rose, are allowed to ferment naturally, and account for the bulk of the world's wine production. Sparkling and fortified wines are made by processes similar to the table wines, but extra steps are added to give the carbonation or extra alcohol desired

### How wine is made:

Once the grapes have been picked and transported to the winery, certain preparatory steps must be taken before the actual winemaking can begin. Cleanliness and sanitation are essential for good winemaking, as certain bacteria can cause disastrous results.

Equipment must be sanitized with an O2 based caustic solution, rinsed with water and finally treated with an antibacterial sulfite solution. To rid the equipment of excess sulfite, everything of good quality water are needed for every one gallon of wine produced.

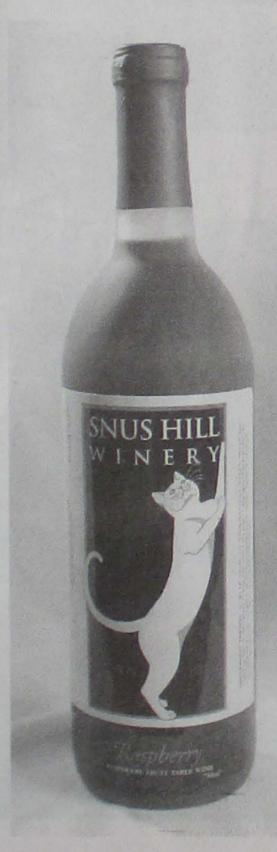


Upon being harvested, grapes are treated with 50-75 ppm of free sulfur dioxide. This process is called sulfating, and inhibits the unwanted microorganisms and wild yeast species on the grapes

The amount of time that a wine ferments varies on the type of grape and the method of the winemaker. In average musts, yeasts convert sugar into alcohol and carbon dioxide in 10 to 14 days. In wines that have a higher concentration of sugar, fermentation can take up to months. Although there is no definitive test to tell when fermentation is done, the loss of cloudiness in the must indicates that fermentation in complete. After fermentation, the juice (now wine) is pressed away from skins into a holding tank, where it sits for a few days to allow sediments and dead yeast cells to settle out.

Aging allows oxygen to enter, and water and alcohol to escape. The acidity decreases, clarification takes place, and components of wine form compounds to enhance flavor and aroma. Malo-lactic fermentation commonly occurs during the aging of red wines and contributes to the mellowing of the wine.

Red wines are aged for several months to several years, depending on the type and quality of the wine desired. Some red wines are aged up to 40 years. It is important to note, however, that it is a common misconception that wines must be aged. While some wines improve with age, others can and should be drunk immediately. It is possible that if wines are aged for too long, the tannins that give the wine its flavor will precipitate out, and the wine will go "over the hill."

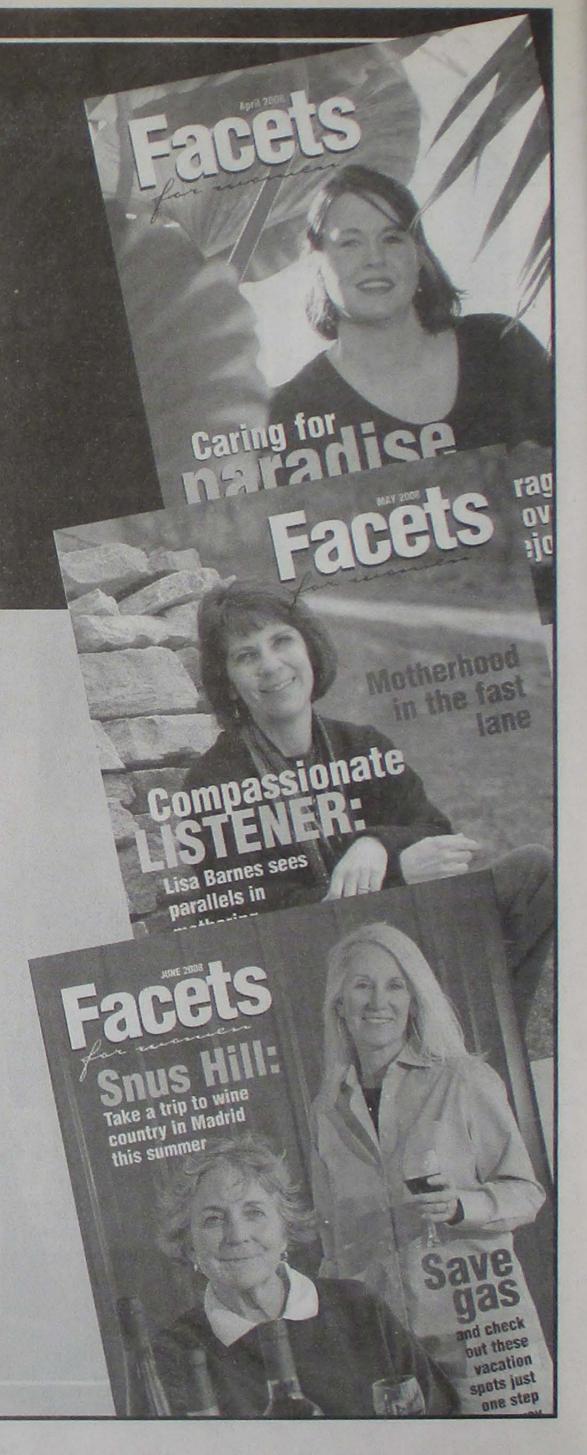


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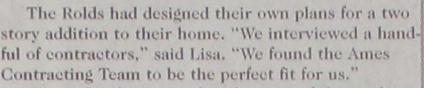












Lisa and Lukas wanted to do some of the work themselves and the Ames Contracting Team were willing to work with them on that. "We liked how they

listened to us and our needs."

The Rolds have a new kitchen and three quarter bath on the main level. The second story consists of a new master bedroom and full bath. "The Ames Contracting Team gave us some great suggestions on windows and extra

storage spaces that we would never have thought of. We made use of all the space," said Lisa.

Would you recommend the Ames Contracting Team to someone else?

"We already have! The Ames Contracting Team kept us in the loop at all times. They coordinated the contractors for each job so we didn't have that worry. They were all really nice!"

Lukas, Lisa and Samantha Rold

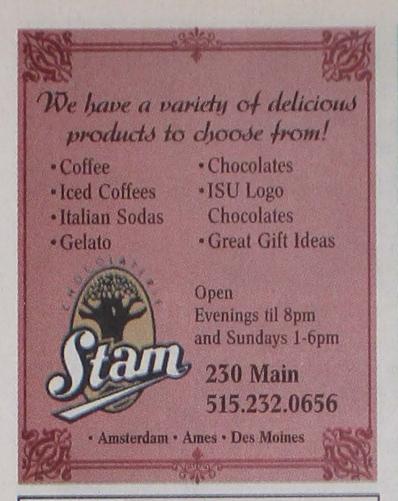






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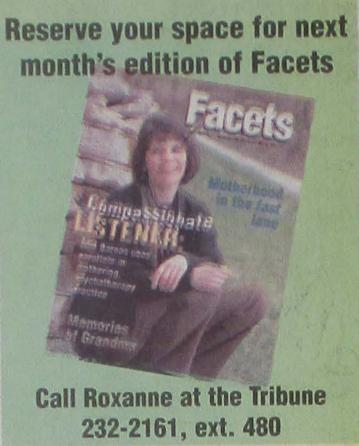
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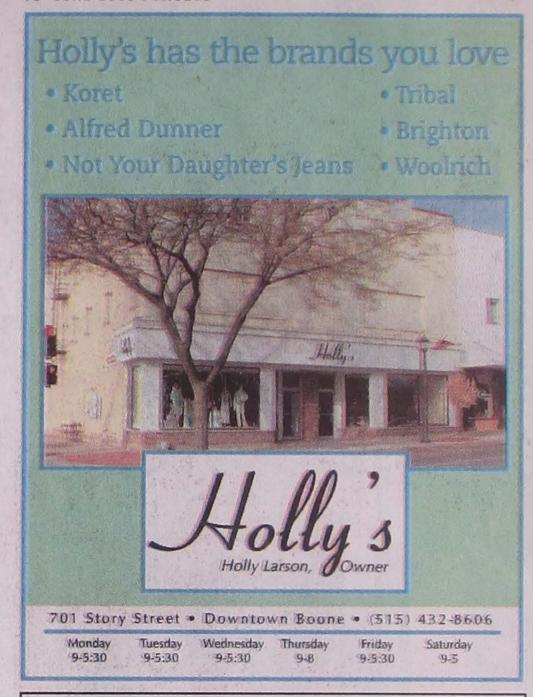
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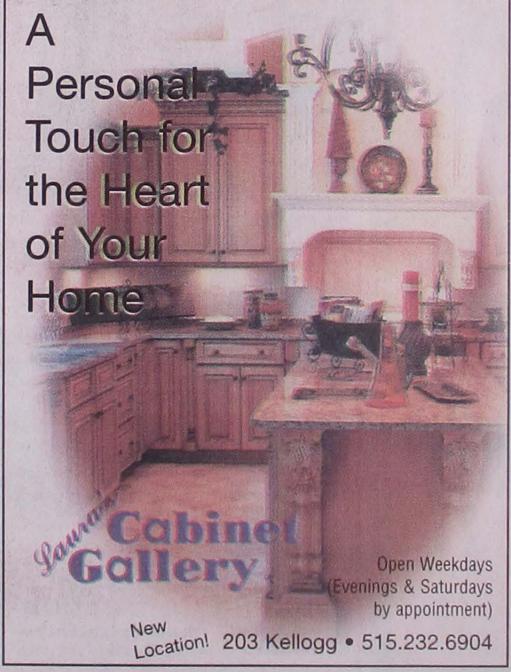
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### Capture my heart

Breathtaking sunsets. Awesome
to behold
Dewdrops on the grass
Shimmering ice on tree branches hung
The many-patterned frost on
windowpanes

Beautiful rosebuds with petals tender Gently unfolding With their delicate fragrance

Butterflies dancing lightly Flittering and fluttering about The glimmer of sunlight Through the branches

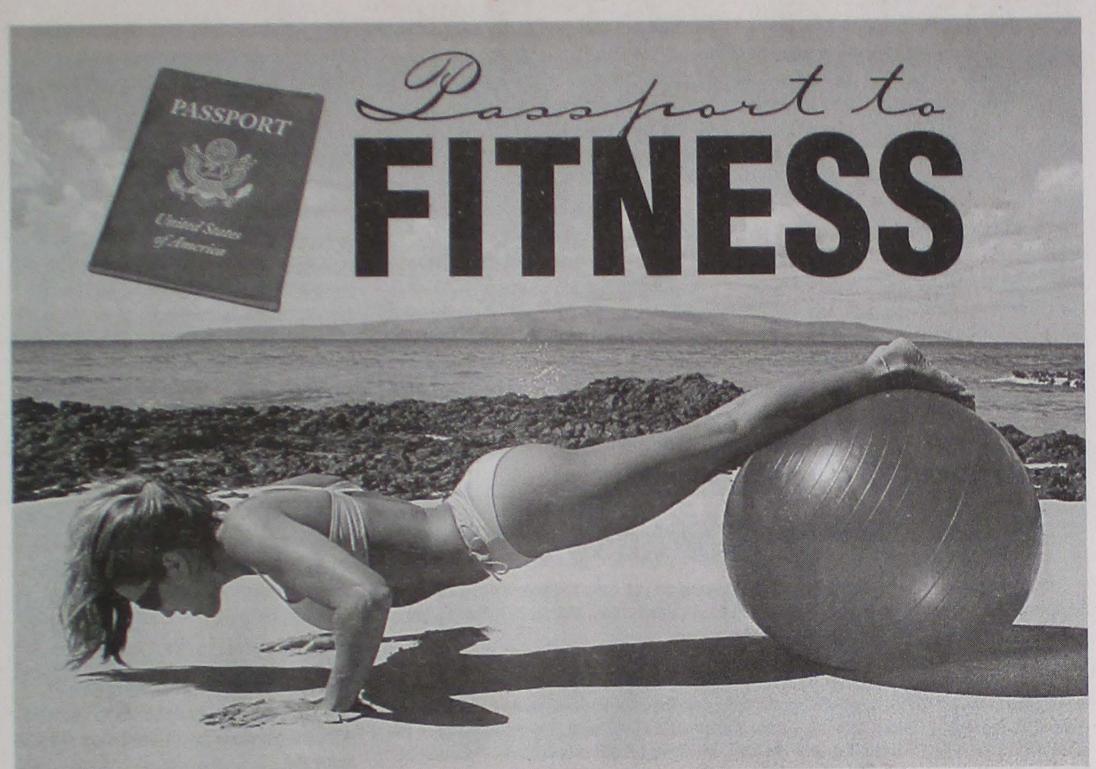
Breezes wailing across the way
Caressing my cheeks
The sparkling moonlight
On waters still and peaceful

Blue skies above With clouds billowy and fluffy Or wispy thin

Beautiful rainbows with colorful hue Streams trickling along Then disappearing to places unknown

Gorgeous golden leaves and red Bursting with vibrant color

All capture my heart
Created for my delight
Best of all
Your precious smile was made
especially for me



By DEBRA ATKINSON, MS, CSCS

raveling for business or for pleasure can often interrupt even the most committed fitness enthusiast's exercise routine. For some Central Iowa residents though, travel is either the motivation for fitness or the source of greater commitment and inspiration. Rather than an interruption, their travels have become a passport to fitness.

Take for instance retired travel agent Janice Anderson who still, together with her husband, loves to travel. A trip this past February to Peru in order to see the Lost Incan City of Macchu Picchu meant coping with high altitudes they would encounter that ranged from 8000 to 11,000 feet at various stops on their trip. To prepare for the trip, two months prior to departure Anderson asked personal trainer Tami Meyer to format her training sessions to ready her for climbing and to improve her oxygen capacity.

Successful, Anderson was affected by altitude as was everyone on the trip, but did not get sick and was able to get through without the assistance of additional oxygen, unlike some in her group. In addition to the altitude challenges, on the same trip while in the Galapagos Islands she did a four-hour hike over rough lava terrain in 90degree temperatures. Anderson reports she was glad she was in shape for that hike!

"Fitness is definitely a priority with me (though) I tend to be a "couch potato" and I have to fight against that in myself," Anderson says of her reasons for joining a club and enlisting the services of a trainer. Without a doubt she has climbed to new heights with the assistance of her trainer.

On the other hand, Dr. Claire
Andreasen, Chair of the Department of
Veterinary Pathology at Iowa State
University, has made a habit of turning
her vacations into a sort of fitness fest.
When she began to run at the age of 48
it was a way of relieving stress. It quickly
turned into a source of stress then when
she was diagnosed with asthma. Shortly
after diagnoses and treatment that made
it possible to both breathe and run

again, she began to compete and make up for her "late start." She now expects to win or place in her age division in 5Kor 10K-runs. In longer runs she is happy to finish in the top 20 to 25 percent.

Andreasen came across a cruise on active.com, Run Hawaii, and she signed up. (For more information: http://www.run-hawaii.com) The ship went from island to island at night and cruisers woke up and ran or hiked each day. They had a floating hotel to return to afterwards and never had to haul gear. Preferring an active vacation over a sedentary one, Andreasen also looks for opportunities to squeeze in a race when she has to travel for business. She is also a supporter of charity events and you

will find her traveling to the starting lines locally for Run for the Roses, the Hope Run and Cancer Society run. She will also pack her bags for a half marathon for the Leukemia & Lymphoma Society's Team in Training Program in San Antonio, Texas.

Andreasen has learned in a short time to go the distance. Whether around the community or around the country, she will find a starting line and go hard to the finish.

For Sarah Siperstein, getting fit has a purpose. Any 21-year-old young woman wants to look her best. But this young lady has something else to focus on. Her sessions with trainer Tyler Christiansen are preparing her for her deployment to Iraq. Siperstein's trainer has some insights into her needs. Christiansen joined the National Guard while in college and he himself was deployed to serve as a border patrol guard in the Gaza Strip and later returned to Baghdad, Iraq, as a personal trainer to U.S. Ambassador Dr. Zalmay KHalilzad.

For Sarah Siperstein, fitness will serve a specific purpose as she serves her country. She needed upper body strength and stamina. She got much more.

"Physical fitness makes me feel more confident," says Siperstein. That's a trait important in Iraq as much as anywhere you are in the world.

### Summer fitness for busy women

It's summertime, and the living is easy – except when you have to think about putting on an itsy-bitsy-teeny-weeny yellow polka dot bikini! But don't worry, there's still time to get in shape to strut your stuff on the beach or the boardwalk.

These tried-and-tested exercises can give you quick results with just 10 minute focused workouts every other day. (If you're on a serious mission and feeling really motivated, feel free to go for it every day!) And don't forget to mix up these moves with some cardio work, even if it's a game of soccer with the kids or a brisk walk to the park. Take advantage of the extra quality time you're spending with the kids, family or friends this summer - whether at home or on vacation - and put the fun things you do to work to stay active. Every calorie counts.

And after a few weeks with these exercises, you can look your best in the season's latest teeny-weeny bikini fashions. Have fun in the sun – but don't forget the sunscreen.

### **DOLPHIN KICKS**

For this exercise you want to balance your weight on your forearms with your elbows directly underneath your shoulders. Make sure to pull your shoulder blades down towards the hips (away from your ears) — this will keep the stress off your shoulders. Extend your hips and spine, pull in your abs (this supports your torso) and bend your right knee slightly off the floor for more support. First Inhale, and then as you exhale extend your left leg straight out to hip height, contracting the glutes and hamstrings. Your hips should be facing forward at all times. With a slight bend, return the left leg to meet the opposite supporting leg.

### Reps:

Repeat up to 20 repetitions, keeping the torso still, then switch to the other side.

### **Muscle Focus:**

Glutes, hamstrings, abs and lats.

### SUPER BUTT KICKS

Lay down on your back, placing your arms down by your side. Lift your hips off the floor in a bridge position. Your right knee should be bent with the heel in line with your sit bone, and your left leg should be extended straight up. As you inhale, lower your left leg to the floor. Be sure to keep your hips still and maintain the bridge position. Exhale and bring the leg back up to the start position.

#### Reps:

Repeat up to 20 reps, then lower your left leg to the floor in the same bent position as the right. Lower your butt to the floor, rest, and change over to the other leg.

### **Muscle Focus:**

Glutes, hamstrings, abs

### DEAD BUG

Lay down on your back with knees bent at a 45-degree angle. Head, neck and shoulders

should be off the floor and hands resting on your knees. On an exhale, draw in your abs and simultaneously extend your left leg out and your right hand over your head. Repeat this move, alternating your arms and legs. Keep your eyes focused on your belly button at all times, and if you start to feel tension in your neck, lower your head down to the floor. (This will get easier as you build more strength in the abs.)

### Reps:

Build up to 20 repetitions completed twice with a 30-second to 1-minute break. Make sure not to sacrifice form.

#### **Muscle Focus:**

Abs

### SIDE PLANK LEG LIFTS

Lay down on your side, balancing on your right hip and resting on your right forearm. Your right elbow should be directly underneath your shoulder and your knees bent and stacked on top of each other. While exhaling, contract your abs, and lift your hips off the floor. At the same time, extend your left arm and leg out to the side of your body, making sure to keep the knee and toe facing forward.

#### Reps:

Try for 10-15 reps, then turn over onto your other side and repeat.

### **Muscle Focus:**

Glutes, abs

This article and others dealing with women's fitness can be found on Buzzle.com.





Water crosses the road at Ledges State Park.

# One step away

By SUE ULLESTAD

ith gas prices so high, many Iowans are limiting their travels this summer. We all need a getaway, so vacationing can't be skipped completely. Finding a vacation spot, could as easy as crossing the county line. Boone County offers numerous opportunities for outdoor activity, inexpensive fun and adventure. Breathtaking vistas are minutes away. God's handiwork is truly all around us.

One such place of wonder is the Ledges State Park just south of Boone off Highway 30. This is where I first fell in love with hiking at a very young age. Living in the area, I visit the Ledges two or three times each year at least. The massive granite walls allow climbing trails high above the winding stream below. Wading in the small stream and in the three water crossovers in the valley cools you off on a hot summer day. Picnic tables are ample.

# Enjoy the flavor of

# STRAWBERRIES

all year long



une in Iowa brings warm breezes and long, lazy evenings. For fruit lovers, it brings fresh strawberry season, a month bursting with flavor and color. But for many people, one month of strawberries isn't nearly enough. If you want to preserve the taste of fresh strawberries all year long, freezer jam may be just what you're looking for.



This freezer jam recipe uses less sugar than most. It requires no cooking and is very easy, making it a perfect cooking project for you and your children or grandchildren. It sets quickly, so it's ready for kids to sample on toast or biscuits within a few hours.

### No Cook Strawberry Freezer Jam

- 4 c. mashed strawberries
- 2 3/4 c. sugar
- 1 box Sure-Jell light fruit pectin

Combine pectin with 1/4 cup sugar, gradually add pectin mixture to fruit. Stir well and set aside for 30 minutes. Stir frequently. Gradually add the rest of sugar, stirring until dissolved. Pour jam into jars and cover tightly with lids. Let stand at room temperature overnight, then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks.

### Where to Find Berries

Purchase locally grown berries at a nearby farmers' markets or visit a pick-your-own farm in the area:

- Berry Patch in Nevada: Go to their website at www.berrypatchfarm.com or call 515-382-5138 to see what is available from week to week
- Ames Farmers' Market: Open Thursdays and
   Fridays from 2 7 and Saturdays from 8 3
   at the Main Street Depot in downtown Ames
- North Grand Farmers' Market: Open from May to October, Wednesdays from 3 – 6 and Saturdays from 8 – noon in the J.C. Penney parking lot.
- Boone Farmers' Market: Thursdays from
   3 6 in the Boone Wal-mart parking lot.

### **Cooking Tips**

- To insure that your jams and jellies will set correctly, measure ingredients and follow the directions exactly.
- The recipe above calls for light Sure-Jell pectin, which comes in a pink box rather than the traditional yellow one.
- Directions for making jam and jelly with Splenda instead of sugar can be found on the instruction sheet inside the box.
- •If you're brave, use this recipe with other berries as they come into season throughout the summer. Try it with black and red raspberries, blueberries or other fruits you love.

### **Preparing Berries for Jam**

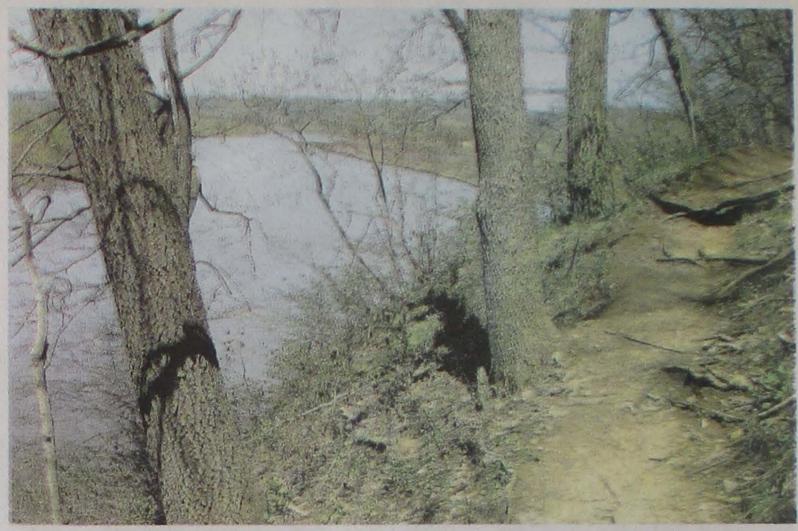
- ·Select ripe, firm berries.
- •Place small amounts of berries in a colander. Rinse thoroughly, hull and process in the blender.
- Process one cup of berries at a time in the blender using the chop feature. Do not puree the berries. Good jam has visible chunks of fruit.
- \*You can also mash the berries, one cup at a time, with a potato masher.

### continued from page 19

You may have been to the

Ledges, but have you discovered Lost Lake? This trail has its own parking lot a half mile south of the Ledges' main parking lot. This scenic trail shows off the beauty of Iowa. You see a little bit of everything...prairie grass, woodlands, ravines and crevices, a pond and stream and a small lake tucked away. Walking around, you can hear the wind in the trees and the songs of many kinds of birds. It is handicapped accessible up to Lost Lake. Veering off to the right of the pond, a trail leads to a panoramic view high atop a huge rock cliff with a 200-foot drop to the Des Moines River.

Children must be accompa-



Trail overlooking Des Moines River near Lost Lake.

nied by adults and close supervision is needed. This great trail continues to the east winding around trees and going up and down over tree roots keeping the river below in view. The trail narrows and slants at times so being sure footed is a must. I love it! I can imagine Native Americans decades ago viewing the surrounding land from this area.

To get a more leisurely look at the Des Moines River valley and its beautiful, wooded banks, rent a canoe from Seven Oaks. They are a full-service canoe outfitter that picks you up at the end of your excursion. Mountain Biking is also a possibility at Seven Oaks.

Don Williams, 10 miles north of Ogden on P70 (just off Highway 30), is a manmade lake nestled in the woods. Its peacefulness is captivating. My husband and I go there for our first picnic of the season. We find a



Hole No. 9 at Don Williams Golf Course near the lake.

secluded place looking out over the lake. A shelter house sitting on a hill on the west side of the lake has a small playground, tennis court, and the Lacoda Trailhead nearby. The Don Williams golf course is as challenging as it is beautiful. I often golf there for its aesthetics, great exercise up and down hills, and reasonable rates.

Boone Scenic Valley Railroad offers a unique, enjoyable experience for all ages. The train travels west from Boone winding through the woodlands of the Des Moines River valley down toward the Y Camp and backs up for the return trip. This includes a breathtaking view from high atop a high bridge used solely by the BSVR. The basic excursion trains operate daily from Memorial Day through Oct. 31. You can choose between coach cars, outdoor cars with

an open view, or even a ride in the caboose. Specialty train rides are available...dinner train (Friday or Saturday evenings), dessert train (Saturday afternoons), or the picnic train (Sunday afternoons) which is popular with families.

We adults just need to take the initiative and make it happen for our families. Take time off work. It's refreshing, revitalizing and important for strong family ties. We can take a deep breath, relax, and take a good look around and see what is truly important to us...faith, family, fun. Plan some family activities and outings. That's what the kids will remember when they look back on their childhood years from now...not a TV episode, video game levels or the daily grind. Discover Iowa, discover your family, and discover yourself. Take the step.



Boone Scenic Valley Railroad and Depot.

# calendar

If you have an event that would be of interest to Facets readers, please send it to mhalstrum@amestrib.com with "Facets Calendar" in the subject line.

### SUNDAY, JUNE 1

An Ice Cream Social on June 1 from 3 to 5 p.m. will kick off the CoHorts' Appreciation and Membership Week at Reiman Gardens. This event is free to CoHorts' members. Music and free ice cream (while the supply lasts) will be provided. This event is to show appreciation of the Gardens' most important asset: CoHorts' members. For more information, call (515) 294-2710.

A lecture, "Victorian Black Glass Buttons by Linda Beatty," will be at 2 p.m. Buttons are small items with big historical significance. Beatty, Iowa Quester and guest curator of the current glass button exhibition, will present a program on Victorian-era buttons in the popular "black glass." She will also discuss the care and collecting of historic buttons. Admission is free, For more information, call Allison at (515) 294-3342.

### THURSDAY, JUNE 5

July 31.

in the Ames Main Street Cultural
District for 10 Thursdays during the
summer for "Tune In to Main Street."
There will be a different live musical act
every Thursday, inflatables from Gee
Willie Entertainment, a Children's
Activities Center supervised by Young
Professionals of Ames and a balloon
water drop. Becca Wemhoff, a children's
balloon artist, will perform from 6 to

7:30 pm on June 5, June 26, July 10 and

Free family-friendly fun from 5 to 7:30

pm! Come down to Tom Evans Plaza

This date's musical act is the band Burnin' Sensations, a six-piece ensemble that specializes in funky, soulful Rock.

### FRIDAY, JUNE 6

Dancing under the Stars, featuring the 16-member High Society Big Band, will take place from 7 to 10 p.m. at Reiman Gardens. Come and see dancing at its finest. Free to members and a small charge for guests. Free snacks and a cash bar will be available. An optional dinner is available prior to the dance to make it a complete evening out with friends. This event is sponsored in part by Reiman Gardens' CoHorts.

### MONDAY, JUNE 9

Story Theater Company Summer
Workshops will be offered at Ames
City Auditorium. The dates of the
workshops are June 9-12, June 16-19
or June 23-26. Cost is \$180.

### THURSDAY, JUNE 12

A Brown Bag Lecture, "Complete Guide to Roses," will be presented by Veronica Fowler, garden author, from noon until 1 p.m. at Reiman Gardens. Free for CoHorts' members, cost of admission for general public.

### FATHER'S DAY

#### SUNDAY, JUNE 15

All fathers will be admitted to Reiman Gardens without admission and receive a gift upon departure. A lecture, "My Love Affair with Early
American Pattern Glass by Gwen
Znerold," will be at 2 p.m. at Brunnier
Art Museum. Znerold is a lecturer, educator and lifetime collector of antiquities
and shares her passion for early
American pattern glass with visitors.
Admission is free. For more information,
call Allison at (515) 294-3342.

### SATURDAY, JUNE 21

The Rose Festival and Iowa Rose Society Annual Rose Show will be at Reiman Gardens. For more information, call (515) 294-2710.

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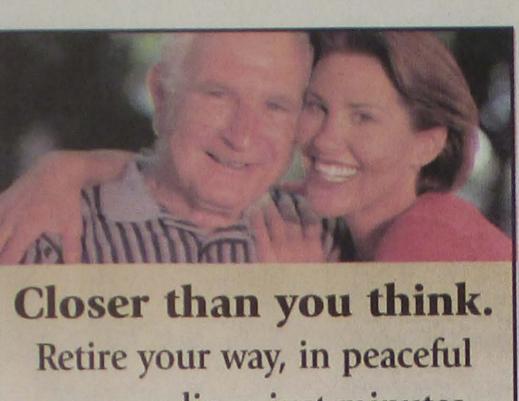
### SATURDAY, JUNE 28

Tweens, teens and adults are invited to crochet and knit on the 2nd and 4th Saturdays of each month from 11 a.m. to 12:30 p.m. in the Founders Suite. Everyone is welcome, from beginners to experts. Bring your project/supplies if you have them.

### SUNDAY, JUNE 29

A lecture, "Collector's Confusion:
Reproductions and Reissues by Sue
Slight," will be at 2 p.m. at the
Brunnier Art Museum. Slight, an Early
American Pattern Glass Society board
member and Iowa Quester, will provide
a hands-on workshop to define the
many reproductions and reissues of
original pressed glass patterns on the
market today. Learn helpful hints and
guidelines before your next trip to the
antique store. Admission is free. For
more information, call Allison at (515)
294-3342.





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# faceted woman



Ngaire, son Logan, stepson Mark Johnson, husband Kent Johnson, stepdaughter Rachel Johnson.

Ngaire West Johnson I 40 I business owner/photographer I one husband, one 10 year old son and two stepchildren, 14 and 17.

What would you do with \$1,000 to spend on yourself? Go for a day of pampering. Including facial, massage, pedicure with a group of friends. And lunch with a group of friends. And then out to a live music show to see Martin Sexton in Kansas City.

Your favorite meal: Anything from A Dong restaurant in Des Moines

Craziest fashion you ever wore: Legwarmers and giant clock earrings in the '80s!

I never leave home without: My keys

Your favorite motto: What doesn't kill you makes you stronger.

What makes you happy? Sunshine

What makes you laugh? Will Farrell

What have you accomplished that has made you proud? A 10-year business...so far.

Do you believe in New Year's resolutions? Do you have one this year? No, but I believe in letting go of mistakes or baggage from each year passed.

Best tip to look and feel great: Exercise in the morning and drink lots of water

If you could do or be anything you want, what would it be? Travel around the world at my leisure and not worry about expenses.

If you knew then what you know now, what would you have done differently? Spent more time in yoga How do you reward yourself? By going home from work early and working in the yard.

My simplest pleasure: Rearranging the furniture. It always gives me a fresh perspective.

I crave: Chocolate, sun, new pencils, Vietnamese food, seeing photos for the first time after a shoot,

I secretly love: I like the show called "The Bachelor"

When I am an old lady: I hope to feel comfortable in my skin.

I am thankful for: Friends

Favorite wardrobe staple: Black sweaters

How do you give back to your community? I am currently working with the Raising Readers program helping them with before and after shots of a project that consists of providing Reading areas in 10 doctors' offices and hospitals in Story County. We are also photographing 10 babies for a note card that they would like to use for their program. I also shoot for Facets from time to time just for the exposure. (no pun intended)



Ngaire, her mother Neoma and her son Logan.



### What is your favorite kind of chocolate?

Ngaire West Johnson: Organic milk chocolate with hazelnuts.

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